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Monday, September 12, 2011
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THE POWER OF 'UN'
LONDONER HAS A NEW APPROACH TO JOB HUNTING
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SKINNY DIP
LENTILS AND PEPPERS KEEP IT LIGHT {page 15}

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BIEBS WANTS TO START A FAMILY YOUNG {page 13}

LONDON metro®

Monday, September 12, 2011
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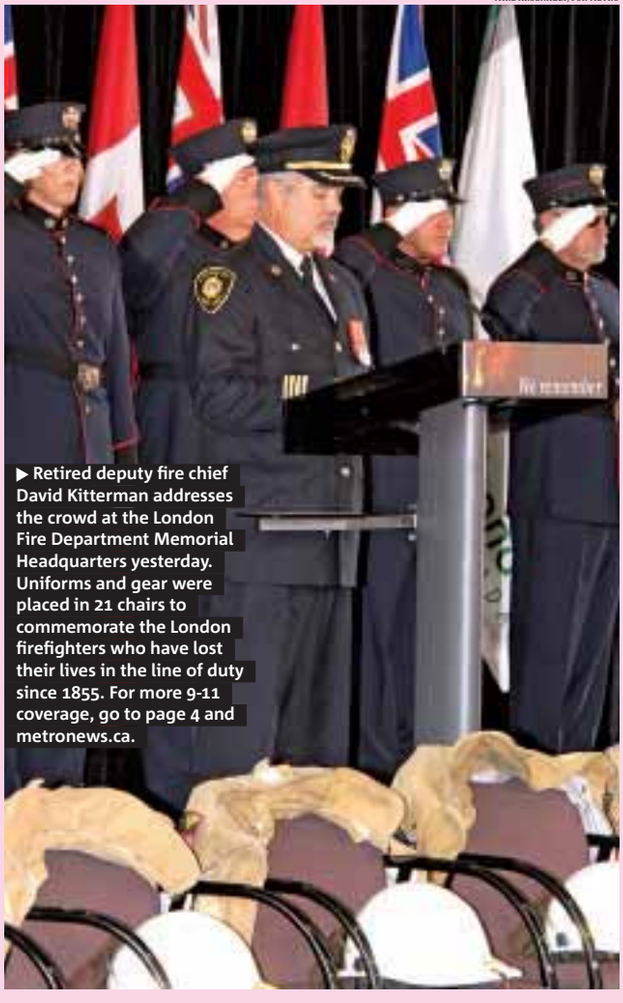
News worth sharing.

MIKE ARSENAULT/FOR METRO



▶ Retired deputy fire chief David Kitterman addresses the crowd at the London Fire Department Memorial Headquarters yesterday. Uniforms and gear were placed in 21 chairs to commemorate the London firefighters who have lost their lives in the line of duty since 1855. For more 9-11 coverage, go to page 4 and metronews.ca.

Firefighters get stirring tribute

London firefighters mark 10th anniversary of 9-11 by renaming main fire hall the London Fire Department Memorial Headquarters

MIKE ARSENAULT
LONDON@METRONEWS.CA

"We're just doing our job. That's what we get paid to do," says Scott Hunt, a London firefighter. "Obviously it was a tragic day — 343 firefighters passed away just doing their job. It was a sad day."

Hunt, who has been with the department for seven years, was working as a firefighter in his hometown of Labrador City on Sept. 11, 2001. He was one of hundreds who paid tribute yesterday to those who lost their lives when the World Trade Center towers collapsed.

While many people laud firefighters for their bravery in the face of danger, Hunt considers the risk part of his job description.

For those who attended the memorial service in London, it was imperative that the lives lost were not forgotten.

Local heroes

▶ **A granite monument,** etched with the names of 21 London firefighters who have died in the line of duty since 1855, was also unveiled at yesterday's ceremony

"Doing this every year is a remembrance for them — it's honouring them and their families," Hunt said.

Many of the people who participated in yesterday's service at the London Fire Department Memorial Headquarters were firefighters and other emergency-response workers. Members of the public were there, too, making for a packed house.

"With the community's support, it means everything to us," Hunt said. "We do our jobs for them, so it's good that they appreciate it."

"They made the ultimate sacrifice, and you never want to forget that."
SCOTT HUNT, LONDON FIREFIGHTER

1 news

Media coverage of 9-11 memorial ceremonies was at its most powerful in capturing small moments of grief and regret. Scan code for story.

1 Download the free ScanLife app with your smartphone at 2dscan.com

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to **m.metronews.ca**

On the web at metronews.ca

Jobs and how to create them will be front and centre in the minds of investors on both sides of the border this week. Video at metronews.ca

Follow us on Twitter @themetrolondon

Jump. For joy

▶ Katie Lavoie, 11, of London does a back flip while attached to bungee cords at Western Fair yesterday.

ANGELA MULLINS/METRO

You too can flip out over Western Fair all week long

Katie Lavoie took on the bungee jumper at Western Fair several years ago but wasn't brave enough to do a back flip. This year, she mustered up the courage. The fair continues daily at the Western Fair District through Sept. 18. Gates open at 3 p.m. Monday to Thursday and 11 a.m. Friday to Sunday. For a full schedule, visit westernfair-district.com/the_fair.

Working together to find work

@Untrepreneurs had nearly 100 followers its first day on Twitter ◗ Employers already tweeting about opportunities ◗ Anyone looking for a job invited to get involved in movement

ANGELA MULLINS
@METRONEWS.CA

Ed Jackman is hoping an idea born on Twitter can create jobs for out-of-work Londoners.

Jackman fired up @Untrepreneurs on Tuesday after an online conversation got him thinking about all the "talent going to waste in the Forest City." It's a simple idea — unemployed and underemployed people pooling their resources and offering up their services to potential employers.

Jackman stresses that @Untrepreneurs isn't meant to be another job board for weary workers. Instead, Jackman is working to create a network of people who can support one another, share leads and, perhaps most important, collaborate their skills.

"It's a strength in numbers kind of thing," Jackman said.

Taking a new approach to finding work is nothing new for Jackman. After getting laid off in June, Jackman started his own company — the Jackman Group — and has been keeping his household afloat by promoting local businesses through social media.

8.9%
The unemployment rate in London.

His vision for @Untrepreneurs is big and moving quickly. Days after the idea launched on Twitter, the account had more than 100 followers and people vested in the effort were meeting face-to-face to pound out a mission statement.

Ultimately, Jackman would like to see the Untrepreneurs launch a website listing the services its members have to offer. The website would be promoted in the business community so employers could tap into that undiscovered talent Jackman says is being overlooked.

"No job is too small," Jackman stressed, noting that people on the website could be anyone from a guy with a truck willing to haul small loads to graphic designers looking for contract jobs.

Brown-bag lunch sessions with human resources experts and other such seminars also are on Jackman's wish list.

"This is a social enterprise. It's people working together," Jackman said. "I'd love to get people to stay here instead of going to Stratford or Kitchener … or Toronto."

Join the network

▶ To get involved, send Ed Jackman a tweet at @Untrepreneurs, find the group on Facebook or visit untrepreneurs.ca.

Jogger injured in van, truck collision

A female jogger was airlifted to London Health Sciences Centre with life-threatening injuries yesterday after being hit by a truck at Adelaide Street and Ten Mile Road.

A van stopped at the intersection, waited for the jogger to pass and then went east on Ten Mile, hitting a southbound truck.

The impact of the crash caused the truck to hit the jogger. Charges are pending.

AM980/AM980.CA

Save the date for debate by local candidates

A London-Fanshawe candidates debate is scheduled for 8 p.m. Sept. 20 at East London Anglican Ministries, 2060 Dundas St. E. For details, email scoulson@odyssey.on.ca. METRO

LTC bus smashes into fence, sending driver, five others to hospital

Police have not decided if charges will be laid in a Friday accident that sent six people to the hospital, including a London Transit Commission bus driver. The bus swerved to miss a car turning at Commissioners and Wellington roads and smashed through a fence at the London Health Sciences Centre.

THE CANADIAN PRESS

London prepares to open its doors

- 75 sites will be available for free public tours
- Most are open from 10 a.m. to 4 p.m.

MIKE ARSENAULT
LONDON@METRONEWS.CA

People curious about the city's iconic and intriguing buildings can visit some of these sites next weekend during the 10th Doors Open London festival.

"It's a chance for Londoners to see things that they don't normally get to see on a regular basis," said Chad Callander, new media and marketing coordinator for the London Heritage Council. "There will be self-guided tours and guided tours."

Doors Open London launched its event yesterday with a tour of the Middlesex County administrative building.

There are recurring sites on this year's list, but new additions are plentiful, including one that is expected to draw a lot of interest.

"This year is the only year that South Street Hospital will be participating, so we anticipate it will be one of more popular sites," Callander said. "They've got over 100 volunteers (specifically for Doors Open London). The CEO will be greeting Londoners as they come in both days."

The 10th Doors Open London and first Doors Open Middlesex takes place on Sept. 17-18.

Open where?

Maps are available at:

- London Heritage Council office.
- Doors Open London headquarters, 251 Dundas St. (Central Library).
- London Public Library branches.
- Both Tourism London locations.
- All Doors Open London locations during the event.
- Visit doorsopenlondon.ca, doorsopenmiddlesex.ca

Music. Street

▶ Steve Holowitz played a variety of classic rock hits by The Beatles and others on a piano set up in the middle of Wortley Road during yesterday's Wortley Village Car Free Festival.

MIKE ARSENAULT/FOR METRO

They were singing in the streets

After the sing-along, a moment of silence commemorated the 10th anniversary of 9-11. The final Car Free Festival will be next weekend in the downtown core.

To offer info

Call London police at 519-661-5670 or Crime Stoppers at 800-222-8477.

Cops seek sex suspect

London police are asking for help in identifying a man who sexually assaulted two women Wednesday near Wellington and Dundas. He is 40 to 45 with dark hair, and may be native or Middle Eastern. METRO

Woman wants help to catch Sir Paul's eye

Come on, Londoners — we've won contests for money to plant trees and to name Labatt Park Canada's favourite ballpark — both based on voting. So can we make it three for three?

Christine Newland, Orchestra London's principal cellist and a portrait artist, has accepted Paul McCartney's challenge to create a piece inspired by his music. Newland's portrait of Linda McCartney, entitled Angel in Heaven, is in the running to have her portrait signed by Sir Paul himself, as well as featured on his website.

"I was listening to Maybe I'm Amazed," says Newland. "I found myself in tears thinking about Linda and the love she and Paul shared, and I was moved to do a painting of Linda."

McCartney will choose the winner with special consideration for the top voted entries.

CONTRIBUTED

▶ Christine Newland's portrait of Linda McCartney, titled Angel in Heaven.

You can support Newland by voting on talenthouse.com.

Contest

- The contest is offered by Talenthouse, a social-networking website that celebrates artists.
- Talenthouse and Paul McCartney, who has been painting since 1983, asked designers to submit graphic art inspired by his albums McCartney and McCartney II.

Voting concludes tomorrow. The winner will be announced Oct. 5. METRO

Get a cat in London

The London Animal Care Centre is waiving the $123.50 adoption fee for a spayed or neutered cat until Sept. 30. Cats are available for adoption for just the $12 licensing fee plus a donation. METRO

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World marks 9-11 anniversary

From Sydney to Spain, formal ceremonies paid tribute to the nearly 3,000 who perished from more than 90 countries ‘It’s incredible that it is 10 years — it feels a bit like yesterday’

A mother in Malaysia greeted her dead son. People in Manila left roses for the victim who helped give them homes. And mourners in Tokyo stood before a piece of steel from Ground Zero, remembering the 23 bank employees who never made it out alive.

A decade after 9-11, the day that changed so much for so many people, the world’s leaders and citizens paused to reflect yesterday.

For some people, the pain never stops. In Malaysia, Pathmawathy Navaratnam woke up yesterday in her suburban Kuala Lumpur home and did what she’s done every day for the past decade: Wish her son Vijayashanker Paramsothy “Good morning.”

The 23-year-old financial analyst was killed in the attacks on New York.

“He is my sunshine. He has lived life to the fullest, but I can’t accept that he is not here anymore,” said Navaratnam. “I am still living, but I am dead inside.”

In Japan, families gathered in Tokyo to pay their respects to the 23 Fuji Bank employees who never made it out of their World Trade Center office. A dozen of the workers who died were Japanese.

Sydney resident Rae Tompsett, 81, said she’s never felt angry over the murder of her son Stephen Tompsett, 39, a computer engineer who was on the 106th floor of the World Trade Center’s north tower when it was hit by a hijacked plane.

“No, not anger,” she said. “Sorrow. Sorrow that the people who did this believed they were doing something good.”

The retired schoolteacher and her husband Jack, 92, were among more than 1,000 people who packed Sydney’s Roman Catholic cathedral St. Mary’s for a special multi-faith service.

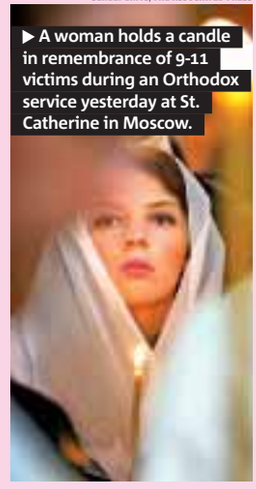
“It's incredible that it is 10 years — it feels a bit like yesterday,” Tompsett said.

About 150 people, some waving American flags, turned out in Madrid for a commemorative planting of 10 American oak trees in Juan Carlos I park by Crown Prince Felipe, his wife, Princess Letizia, and other dignitaries.

Rome was preparing to light up the Colosseum late yesterday in a show of solidarity, and special commemorations were planned at Paris’s Notre Dame Cathedral and London’s St. Paul’s Cathedral.

THE ASSOCIATED PRESS

SERGEI GRITS/THE ASSOCIATED PRESS



▶ A woman holds a candle in remembrance of 9-11 victims during an Orthodox service yesterday at St. Catherine in Moscow.

JUSTIN LANE/POOL/THE ASSOCIATED PRESS

▶ Robert Peraza, who lost his son Robert David Peraza in the attacks at the World Trade Center, pauses at his son’s name at the north pool of the 9-11 memorial before the 10th-anniversary ceremony at the site yesterday in New York.

Swedes arrest 4 terror suspects

In a reminder that threats remain, Swedish police said four people were arrested yesterday in Goteborg on suspicion of preparing a terror attack, as authorities in Washington and New York beefed up security in response to intelligence about possible plans for a car-bomb attack. THE ASSOCIATED PRESS

Anti-U.S. protests mar anniversary

The Sept. 11 attacks spawned many conspiracy theories around the world, especially among Islamists who allege American or Israeli involvement.

Malaysia’s former prime minister Mahathir Mohamad, a vitriolic critic of the West, wrote on his blog that Arab Muslims are incapable of “planning and strategizing” such attacks. He added “it is not unthinkable” for former U.S. president George W. Bush to have lied about who was responsible.

In Pakistan, about 100 supporters of an Islamist political party staged anti-U.S. protests in Islamabad and Multan to mark the anniversary, holding up banners that repeated conspiracy theories.

The Taliban marked the anniversary by vowing to keep fighting against U.S. forces in Afghanistan and saying they had no role in the Sept. 11 attacks.

Hours later, a Taliban suicide bomber in a large truck blew it up at the gate of a NATO combat outpost in eastern Afghanistan, killing two civilians and injuring 77 U.S. troops. None of the U.S. injuries were life-threatening, the Atlantic alliance said.

THE ASSOCIATED PRESS

Japan remembers quake victims

Up and down Japan’s devastated northeast coast, survivors prayed and communities came together yesterday to mark six months since the massive earthquake and tsunami struck on March 11.

As the world commemorated the 10th anniversary of the World Trade Center attacks, Japanese parents hung colourful paper cranes for their lost children and monks chanted in front of smashed buildings.

Thousands also marched in the streets to demand that the country abandon nuclear power because of damage to the Fukushima Dai-ichi nuclear plant.

At precisely 2:46 p.m., they stopped and observed a minute of silence.

THE ASSOCIATED PRESS

CAPT NEIL VAN EJIK/WHIRLWIND AVIATION /THE ASSOCIATED PRESS

▶ Survivors use flotsam after a ferry sank between mainland Tanzania and Pemba Island.

HUNDREDS DIE AS FERRY SINKS OFF TANZANIA

More than 240 people were killed when a crowded ferry sank off Tanzania's coast and some 600 have been rescued, officials said yesterday, figures that indicate the boat was filled beyond capacity.

Assistant police commissioner Mussa Ali Mussa, the head of police in Zanzibar, said that at least 240 people died when the ferry sank early Saturday. His comments were broadcast by state-owned channel TBC.

Relatives had claimed 192 bodies and 28 more were awaiting identification yesterday, said Mohammed Aboud Mohammed, the minister for state in the vice-president's office on the island of Zanzibar. He said around 600 people had been rescued so far and that the government was still looking for the vessel's captain.

"The government is holding the chief engineer for questioning in order to gather details," said Mohammed. "The captain of the ferry is still missing and the government doesn't know precisely the owner of the ferry."

Survivors said the M.V. Spice Islanders, which sank near the tourist destination of Zanzibar, was well beyond its official capacity of 600 passengers. Many residents angrily asked why the boat had been allowed to leave port so overloaded.

The bodies were taken to a sports field, where imams said prayers. The government is paying for all funeral costs, Mohammed said.

THE ASSOCIATED PRESS

Abducted B.C. toddler returned to family home

◗ Police searching for kidnapping suspect ◗ Three-year-old has limited verbal skills and will be unable to tell investigators about incident

RCMP/HANDOUT/THE CANADIAN PRESS

▶ Three-year-old Kienan Hebert of Sparwood, B.C., has been returned to his family four days after being reported missing.

Police say three-year-old Kienan Hebert was returned safe and sound to his own home four days after he was abducted in Sparwood, B.C.

RCMP Cpl. Dan Moskaluk said early yesterday that Hebert was returned by the suspect in the case after an emotional plea from his family.

"Kienan Hebert 3yr old Sparwood child is safe and sound," Moskaluk said via Twitter. "Within 12 hours of family plea for return, child returned by suspect."

At a news briefing later, police said someone called 911 and told authorities they would find the missing boy at the home from where he was abducted.

They believe the suspected kidnapper brought him back there. A search is now on for the suspect.

The house had been cordoned off and unoccupied since the family found the boy missing on Wednesday morning. They had last seen him when they put him to bed the previous evening.

The boy's father, Paul Hebert, had a message for Kienan's suspected captor, who police allege is Randall Hopley, 46, a convicted sex offender.

"We're just asking, please bring Kienan to a safe place right now."
PAUL HERBERT, KIENAN'S FATHER, IN PLEA TO KIDNAPPER

"We just want him safe," Paul Hebert said on Saturday. "Kienan's only three years old right now and as you know and we know Kienan can't speak, so he can't tell us who you are, right? This is your chance right now to get away. All we want is Kienan to come back with us and to be safe in our arms again."

Police said a second abduction attempt happened at another home on the evening Hebert went missing, when the suspect tried unsuccessfully to lure another child out of the home. Moskaluk wouldn't say when investigators discovered the other abduction attempt.

Hopley was convicted of sexual assault in the mid-1980s and given a two-year federal prison sentence.

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Fans honour hockey players

Thousands pay tribute to Czech athletes killed in plane crash ◐ National team jersey numbers retired

Thousands of people packed a central square in Prague yesterday to honour the memory of the three Czech hockey players who died in a plane crash that killed a total of 43 and wiped out a leading club in the top Russian league.

Major Czech hockey stars — former and current, including Jaromir Jagr, Patrik Elias and Dominik Hasek — coaches and officials attended a memorial ceremony yesterday organized by the Czech hockey federation at the Old Town Square for Karel Rachunek, Jan Marek and Josef Vasicek.

They helped the Czech national team win the gold medal at the world championships in 2005 and 2010. Vasicek was on the Carolina Hurricanes' 2006 Stanley Cup team.

They laid flowers on a stage dominated by large black-and-white photographs of the three players with their national jerseys hanging above them, while fans lit thousands of candles in front of the stage to honour them.

"Our grief can hardly be compared with what it means for their nearest and dearest ones," Elias said.

After the mourners observed a minute of silence, federation president Tomas Kral called the three "great and irreplaceable players, friends and people."

People applauded brief videos that were shown on a big screen that summed up the highlights of their careers.

"We thank you," Kral said. The federation announced that the players' national team jersey numbers — 4 (Rachunek), 15 (Marek) and 63 (Vasicek) — will be retired. Mass was celebrated for the three after the 30-minute ceremony in a nearby church.

"They did so much for the nation," said Martin Kosvica, 38, one of the fans. THE ASSOCIATED PRESS

Walking. In water

▶ A villager wades through flooded water while carrying his bicycle near Megha village, 55 kilometres from the eastern Indian city of Bhubaneswar, yesterday.

BISWARANJAN ROUT/THE ASSOCIATED PRESS

Flood waters hit eastern India

Around 700,000 people have been affected by floods in 14 districts of the eastern Indian state of Orissa even as the government launched relief and rescue measures on a war-footing, according to a news agency.

Five accused of enslaving men

Five people — four men and one woman — have been arrested in Britain on suspicion of holding two dozen men in squalid conditions against their will and forcing them to work for no pay, police said yesterday. THE ASSOCIATED PRESS

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ANDREW BURTON/GETTY IMAGES

▶ Shopping in Canada means paying more for goods such as running shoes, hockey skates, pyjamas and pantyhose.

Premium puts dent in wallets

- Hockey equipment 20% to 45% cheaper in U.S.
- Senate committee to study price gap

It's a fact of consumer life that buying in Canada means paying more than you would south of the border, with a so-called Canadian premium on everything from running shoes to hockey skates, from pyjamas to pantyhose.

Even the stronger loonie hasn't been able to overcome obstacles that include high import tariffs, a number of higher fixed costs and, admittedly, the fact that retailers in Canada can simply get away with charging more.

18%
Tariffs can range as high as 18 per cent for goods in Canada.

"The people who should win from a stronger Canadian dollar are consumers," said BMO's deputy chief economist, Douglas Porter. "They don't feel that way."

Tariffs on most goods between Canada, the United States and Mexico were phased out under trade deals signed in the late 1980s and early 1990s.

But there are still import duties paid on some goods not covered by these trade agreements as well as a range of clothing and sporting goods that come from other countries.

THE CANADIAN PRESS

EMPLOYMENT

Job woes at home and abroad

Jobs, or more aptly a lack thereof, will be top of mind among traders this week.

In the U.S., Americans are waiting to find out if Congress will pass President Barack Obama's job-creation act. North of the border, Canadians will be warily watching for signs of a continuation of the job losses the country suffered in August.

Economists expect a lull in jobs growth will continue in the coming months after a much weaker than expected report on Friday showed 5,500 jobs were lost in Canada last month. And those jobs figures from August, troubling as they were, did not reflect recent turmoil on the stock markets, which saw billions of dollars of Canadian investments wiped out, said TD Bank deputy chief economist Derek Burleton.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

Dollar	Natural gas
- 0.81¢ (100.40¢ US)	$3.915 (– 6.5¢)
	Gold $1,859.50 (+ $2.00)
Oil	**TSX**
- $1.81 US ($87.24 US)	- 296.41 (12,387.54)

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METRO LONDON

The mayor of Richmond and Dundas, or king of the urban jungle — those are titles you could give Shango Clarkson. This is a guy who truly feels the beat of the street and plays it back, many hours each day, in all kinds of weather.

A professional busker, Shango drums on his conga at many locations downtown, usually on the northwest corner of Richmond and Dundas but also in front of the JLC on event nights and on the periphery of many downtown festivals. "I'm a fixture for the past eight years at Rock the Park. They expect to see me at the top of the hill," he says.

"Calling his music jazz/pop/funk fusion, Shango emanates a kinetic energy ... whether it's on his current conga drum or the water bottles that got him by when his drums were in the pawn shop."

A self-taught drummer, Shango was born in Montreal and has lived and travelled around the U.S. and Canada for most of his life. He landed in London in 2004 because of a relationship he was in. Though the relationship didn't last long, his love for the city grew and he decided to stay here for awhile. One of his favourite performance memories was busking at the 2010 Vancouver Olympics and meeting 21 other people visiting from London.

Shango's had various jobs but discovered that issues like ADHD and panic disorder make it hard for him to conform to a normal workplace. "That's why I do street performance year-round; it's therapy to me." He's able to generate much of his income from busking, though he prefers to call himself a mutimedia artist. Shango pursues writing, documentary filmmaking and photography, along with musical performance and songwriting. "The lines between art and the artist are blurry," he says.

Drumming on a busy corner brings Shango into contact with all kinds of folks. He has regulars he interacts with daily — street people, business types and even the occasional politician. "I met Jack Layton once here. I asked him a question that concerned me about civil liberties. I was less than impressed with his answer. Not disappointed in Jack, but because he gave a political answer. "

Calling his music jazz/pop/funk fusion, Shango emanates a kinetic energy ("I play what I feel," he says) — whether it's on his current conga drum or the water bottles that got him by when his drums were in the pawn shop.

Although Shango performs around the city, he feels Richmond and Dundas is his corner.

"I explain that while I don't technically own it, I really do by virtue of playing there in 27-below cold and 40-plus heat.

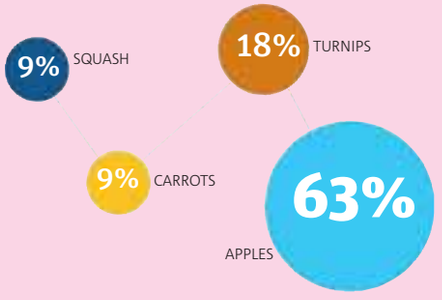
"I'm the king of my own particular jungle," he laughs.

And that may be true, as the concrete landscape of that corner is the closest thing that the Forest City has to an urban jungle.

Contact Jill Ellis at londonurbancompass@metronews.ca

Register at metropolitanpanel.ca and take the quick poll

What is the best fall vegetable/fruit?



Local tweets

- **@sleppik:** Sushi Mountain with the church folk then #ldnont tonight for the next 8 months #uwo
- **@LdnWalkofHope:** Trying to stay away from The Weather Network and the #ldnont radar...t-showers 40%...oh well! #wewillstillwalk #ovariancancer
- **@rosierad:** O-Week may be over, but that doesn't mean the party stops! Study hard, party harder baby...that's how we do it up @WesternOweek! #UWO #Frosh
- **@deminkwe:** Heading to Wisdom Tea today for tea tasting with friends. Should be fun! #ldnont
- **@valoasis:** I'm not saying no to my mom at costco. The total is going to scare me but she's paying. #thanksmom #ldnont
- **@arthur_kwok:** Just drove by #aviciiuwoweek tent party location, could hear soundcheck already! So excited! @Avicii #ldnont #septbender @premierlife #fb
- **@julienodrink:** another note,driving home from work this morning at 9am all the way down Oxford, only saw ONE person(a guy) doing the walk of shame #ldnont

Letters

RE: Editorial cartoon published Sept. 8

When I saw it my jaw just dropped. Maybe it was "meant" to depict concussions BUT in light of the recent events in Russia among others, the timing was very poor as it "appeared" to be something else.

DOUG IVEY, LONDON

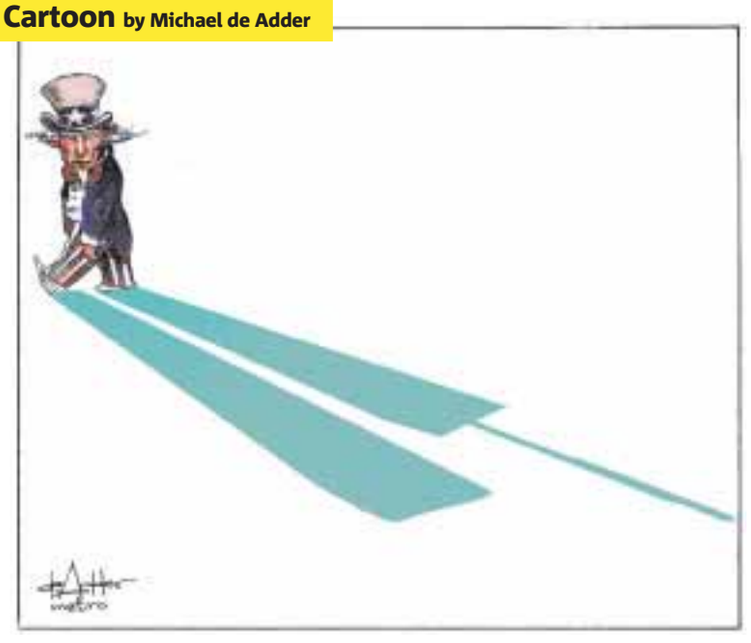
RE: The Lessons of September 11, 10 Years On, published Sept. 9-11

You have failed to mention the hundred of thousands of civilian casualties, the millions of displaced persons and the vast economic, agricultural and emotional devastation inflicted by our hands on others (namely Iraqi and Afghan civilians) in this "war on terror."

I was also wondering how the thinking that the U.S. depends on Middle Eastern oil and how it supports Israel is delusional thinking? I guess we have not yet learned the lesson to look beyond ourselves. I am simply writing to point out the elephant in the room. As Noam Chomsky said, "If you want to stop terrorism, don't participate in it."

SALEEM AL-NUAIMI, MD
EDMONTON

Cartoon by Michael de Adder



WEIRD NEWS

Not till they're a little older

Officials in South Carolina are moving a school bus stop that was near a strip club after parents complained.

WPDE-TV reports that children had to wait in the parking lot of a strip club in Atlantic Beach to catch the school bus.

Misty Umphries, a mother who waits at the stop with her children, says she had to explain to her four-year-old the meaning of "topless."

Horry County transportation director Jim Wright previously said the stop was the central point of four blocks it needed to accommodate.

Wright was concerned that moving the stop to a community centre that parents suggested would require some children to walk farther.

District officials have since decided to create two bus stops in the area. Neither is at the strip club.

A mother of three, Windy Price told WPDE-TV that the bus stop shouldn't be where it is.

"I don't want my children being picked up behind that. I'm not knocking what they do, but I just don't think it's appropriate," she told the local news station.

THE ASSOCIATED PRESS

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A 'violent' Drive to remember

Film garnering positive reactions Gosling and film's director forge union

NED EHRBAR
SCENE@METRONEWS.CA

HANDOUT

Canadian Ryan Gosling stars in Drive.

For a guy who plays a stunt driver that moonlights as a getaway driver in Drive, Ryan Gosling says he didn't get a whole lot of time behind the wheel in the film.

"I drove myself to set and I drove myself home," he says with a laugh.

But seriously, though.

"I went to driving school, and I did a lot of the driving. But the cool stuff, I didn't do," he says.

"But it was one of the best prep experiences I've ever had, because I'd basically just show up to this big parking lot, and there'd be a new Camaro or a new Mustang and we'd just ride it to the rims until it was smoking or it wouldn't go anymore, then we'd just go home and they'd tow it away and call us when it was fixed."

Drive was something of a meeting of the minds for Gosling and the film's director, Nicolas Winding-Refn.

"We set out to make a violent John Hughes movie, and I think that's what we did," Gosling says.

The movie wouldn't have happened if REO Speedwagon hadn't come on the radio during a drive the actor and director shared one night while discussing the project.

"So something happened in that car, and Nicolas and I were sharing the same dream and we spent the whole movie trying to figure out how that was possible."

Gosling and Winding-Refn's shared dream apparently worked out great, as the actor and director are jumping into more projects together already.

They're now developing a remake of Logan's Run — a project previously kicked around by a number of filmmakers, including Bryan Singer.

And they're getting ready to shoot a film about Thai kickboxing.

No, really.

"I'm going to start fighting soon. We start in January," Gosling says. "I don't know what he's calling it yet. But that's the fun of working with Nicolas. You discover it every day. That's why he likes to work chronologically, so that the movie is evolving naturally."

With Drive already getting such positive reactions wherever they take it, there's even been talk of a sequel — even if it was originally just in jest.

"We were joking for a while — but maybe it's not a joke — that it would be a prequel called Drive 2 where it's about Bernie and Ron Perlman," he says.

Of course, like the first film, any possible Drive followup needs to start elsewhere, Gosling explains.

"I did hear that James Sallis was writing some kind of a sequel, so I think we have to defer to him first," he says.

Gone too far

- As a producer on Drive as well as the star, Ryan Gosling played a major role in shaping the finished product with director Nicolas Winding-Refn — which meant making some tough decisions.
- "The hardest scene to cut was the scene where Albert Brooks actually chokes a guy out on camera and he passes out. That was amazing," Gosling remembers.
- "I talked to Albert that night, and I said, 'Hey Albert, how'd the scene go?' And he goes, 'Ah ... I actually knocked the guy out. I choked him out. Is that bad?' You can watch it on camera. You watch the guy's eyes roll into the back of his head and falls to the floor. Everyone thought he was acting, but he wasn't."

Kim Coates: Strictly Canadian

ANNE BRODIE
SCENE@METRONEWS.CA

JASON MERRITT/GETTY IMAGES

Kim Coates

He's one of TV's toughest guys, a Canadian living and working in L.A. Kim Coates is the epitome of those dangerous characters he's played so often. Coates is the biker outlaw club sergeant-at-arms Alex "Tig" Trager in the acclaimed F/X series Sons of Anarchy, which revs up on F/X Canada in November. Coates was in Toronto this week to launch the new season and his latest film, the hockey comedy drama Goon, at the Toronto International Film Festival.

You do "bad" so very well. Where do all these shadings of bad come from?

I don't know. I have this big nose and cheekbones and blue-eyed tough guy look and I was on hockey skates as a kid. I got typecast at times but so did De Niro, Oldman and my buddy Costner. I got typecast and I fought against it, but now I've learned to embrace it.

But I don't see you on Glee.

Seriously, I'll shock you and be in a musical comedy, The Boy from Saskatoon! I can sing and I can dance. It's all about the script.

Do you still feel Canadian?

I'm Canadian! You can take the boy out of Canada but you can't take the Canada out of the boy — I go to Saskatoon once a year and I have a cabin in B.C. where my wife and kids and I enjoy ourselves. Canada is my home.

The Sons of Anarchy is an amazing series, done on the Sopranos template but with its own lawless flavour.

That's good — we're gutsy. The Sopranos worked so well. They were bad boys but there was always someone badder than them and it's the same in the biker world we live in.

2 scene

Box office

Contagion has infected enough moviegoers to catch the top spot at the box office. Studio estimates released yesterday show that the Warner Bros. pandemic thriller coughed up $23.1 million in its first weekend.

THE ASSOCIATED PRESS

Web series Mis-Adventures of Awkward Black Girl grows through social media. Scan code for more

THE RUN

ALL PHOTOS PROVIDED BY: CIBC

CIBC RUN FOR THE CURE TAKES PLACE ON OCTOBER 2

In 1996, Mike Stevenson, Senior Vice-President for Western Canada, CIBC, signed up for the CIBC Run for the Cure in Kelowna, it was important to support CIBC's involvement in the event and it was a good cause. But on race day, a note "I'm running for my mom" on a runner's bib hit a nerve and led Stevenson to a more heart-felt commitment. "I realized just how real it is and how this disease affects so many people."

That emotional connection is one that many Canadians have felt... and acted on. The Canadian Breast Cancer Foundation CIBC Run for the Cure today is the largest single-day volunteer-led event raising money and awareness for breast cancer in Canada. Last year, close to 170,000 participants raised $33 million to fund research, education and awareness programs.

Runs will be held in 59 communities across Canada this year on Oct. 2. Participants will run or walk (most participants actually walk) a 5k or 1k, and it will no doubt be fun, exciting and, at times, emotional.

Teams and other groups of family and friends, some with kids in strollers and dogs, will walk the route together. Some will wear pink wigs or boas; others will carry pink balloons and banners. There will be lots of survivors walking too (and wearing a different colour). Somewhere near the start line participants will post poignant messages for loved ones and others, on the Wall of Hope.

"My kids sign the Wall of Hope in the Durham, Ont. run every year," says Kevin Dove, Senior Director, External Communications, CIBC. "And we always look up previous years' messages. My wife's mother died of breast cancer at an early age. For my kids, participating in the run is a connection to a grandmother they don't know."

At the end of the day, everyone is running for someone.

"Someone in our office was diagnosed with breast cancer last August," says Colette Ferron, General Manager for CIBC in Toronto, and Run Champion for some 80 branches in the city. "This year, I'm sure a significant number of CIBC employees will be wearing her name."

The newest run location is outside of Canada – in Kandahar. Check out **runforth cure.com/site/TR?fr_id= 1370&pg=entry** to sponsor someone on the team!

THINK PINK

On Sept. 13, onlookers will likely stop in their tracks as several hundred breast cancer survivors march around Banker's Hall in downtown Calgary.

"The survivors' parade always sends a powerful message of hope to the community as it raises the awareness of breast cancer and the CIBC Run for the Cure," says Nicole Davis, Senior Manager, CIBC Western Region.

The parade is just one of many activities taking place during Think Pink Week to generate excitement and awareness around the upcoming CIBC Run for the Cure.

While most CIBC branches across Canada will be decorated in pink and hold bake sales (think pink cupcakes) and encourage donations in other ways, there will be lots of other fund- and awareness-raising activities too.

In Commerce Court, in Toronto, for example, there will be an area set up with healthy food displays, a breast cancer awareness booth and other information.

In Montreal, an evening gala with dancing and music will be held. Sophie Blouin, Senior Manager, Eastern Region, says 1,000 guests are expected to raise $80,000.

In Dartmouth, a first-time event will provide information to passers-by. There will be refreshments such as pink lemonade as well as a raffle for a Ford Mustang!

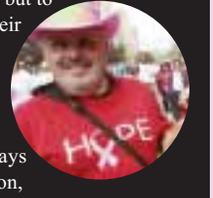
CIBC branches in Edmonton and Vancouver will have afternoon barbecues and feature different speakers including survivors.

"Think Pink Week lets people come out and make a difference in the fight against breast cancer," says Glen Trueman, CIBC Branch Manager, Charlottetown. The city is always decorated with lots of Think Pink banners and signs during the week. "It gives all of us in the different branches the opportunity to work in our communities to increase awareness for a cause we're all fighting for very heavily."

TIME TO STEP UP

WHO ARE YOU RUNNING FOR?

This year's CIBC Run for the Cure participants are being encouraged to not only write the person's name on their bibs but to have it on their shoes too!



It's a unique and fun campaign, says Diane Gordon, Vice-President, National Development, CBCF – Central Office. "We're encouraging people to paint their own shoes, whether it be running shoes or stilettos or anything you want to paint, to show as an expression of who are you running for."

Check out this video for information on how to paint and decorate your shoes: **youtube.com/watch?v=8Jm6UWR0CB8**

BUDDY HOLLY THINKS PINK TOO!

For four years running, the Charlottetown Festival in P.E.I. has generously offered one of its performances as a special awareness show for the CIBC Run for the Cure and breast cancer research. This year Buddy: The Buddy Holly Story has been renamed Buddy Thinks Pink for one night only.

"The hope is that Buddy Holly himself is in the lobby after the show to help collect donations from patrons as they leave," says Glen Trueman, CIBC Branch Manager in Charlottetown. "It's a tremendous awareness piece for us and draws a lot of attention."

The show is at the Confederation Centre of the Arts.

CIBC RUN FOR THE CURE:

MAKING THE MOST OF A BAD SITUATION

"THE CIBC RUN FOR THE CURE IS NOW PART OF THE FABRIC THAT MAKES UP OUR ORGANIZATION,"

says Veni Iozzo, Senior Vice-President, Marketing and Strategy, CIBC.

That's not hard to believe when you consider the run started in 1992 and CIBC has been title sponsor for 15 years and a national sponsor prior to that.

In that first year in Toronto, about 1,500 participants raised $83,000. In 1993, the run expanded to Vancouver and that's where CIBC employees got involved showing their support for a colleague who was living with breast cancer. That participation spread across the country and inspired CIBC to become a corporate sponsor.

"This is really a grassroots program. It started with the passion of a few employees and it drove our corporate sponsorship," says Iozzo.

The strength of the partnership and the deep commitment has evolved over the years, says Diane Gordon, vice president, National Development, CBCF – Central Office. "We're up to raising $33 million last year… what it takes to have something like that happen is a really true close partner like CIBC who makes it a part of their corporate culture to provide that support in helping to make it grow."

Team CIBC is responsible for team registrations, the Pink Collection, training branch employees on donation procedures and contributing to run planning. But all year it supports fund- and awareness-raising. For example, the Pink Tour is a mobile education campaign that stops in different towns and cities. CIBC also partners with St. Margaret's Hospital to produce information booklets for patients and survivors.

More than 13,000 CIBC employees (and their friends and families) volunteer for CIBC Run for the Cure.

GET IT WHILE IT'S PINK

When CIBC management in 2007 decided to put the kibosh on fund-raising with pink products by individual branches, there was an uproar by employees.

"So we decided to create a collection, which we called the Pink Collection," says Angela Sarino, Senior Manager of Cause Sponsorship, CIBC. "It provides a fun way of interacting with people, and it's easier, I think, for people to raise money when they have something they can give back in exchange."

CIBC works with suppliers to create products and takes ideas to its employees for their input too. "There are regional taste differences but mostly we want to make sure our employees, who are the face of this campaign, are confident in promoting the products as well."

It's also imperative to the program that the most possible money is going back to CBCF. "The unit cost of each product must be 50 per cent or less of what we think we can get for it," says Sarino, "… so at least 50 per cent of what the consumer gives is going back to the cause, which is the Canadian Breast Cancer Foundation."

CIBC Pink Collection hangtags identify the products and the cause, and they also show the suggested contribution amount. "We're not selling these products… they're a 'gift' with contribution. And, people usually contribute that amount we suggest if not more."

CBCF is involved in this program right from selecting the products.

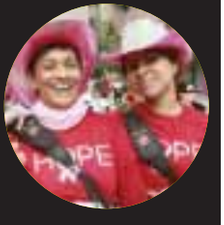
Last year, $1.66 million was raised through the Pink Collection campaign.

INTRODUCING… THE PINK COLLECTION

THIS YEAR'S CIBC PINK COLLECTION IS ALL NEW AND EXCITING AND AVAILABLE AT YOUR NEAREST CIBC BRANCH. HERE'S WHAT'S IN THE COLLECTION:

1. Friendship Bracelet, $2
2. Magnetic Post-it Note Pad, $4
3. Run for the Cure Socks, $7
4. Dog Leash, $7
5. Wristlet (with hot pink lining and black exterior), $10
6. Stainless Steel Travel Mug, $15

NEW CIBC AWARDS ENCOURAGE STUDENTS TO GET INVOLVED TOO!



"There are so many things that helped fuel the growth (of the run) over the years," says Diane Gordon, Vice President, National Development, Canadian Breast Cancer Foundation – Central. "This year, for example, CIBC introduced the Post-Secondary Student Challenge awards program."

The program will award 15 education awards totalling $150,000, to top student fundraisers across the country. Also, the top fundraising school in each region will be recognized.

The overall goal is to encourage students to participate in the run in a meaningful and fun way. It will also build awareness of the importance of taking steps to reduce risk of breast cancer by leading healthy lifestyle.

For more information, visit **runforthecure.com/site/PageServer?pagename=2011_Teams_Challenge.**

Shatner: Weird or What?

Canadian-born actor's career keeps boldly going in new directions

You might say William Shatner's entire career could be summed up in three words: Weird or What?

That's also the title of the show he hosts on History Television, returning for a second season tonight at 10 p.m. ET. The series examines the unexplainable.

Why do large rocks appear to "skate" across a desert, or skinny young teens suddenly have the ability to lift cars in an emergency? Is there a psychic connection between dolphins and humans? And why did CBS cancel shatter sitcom S#*! My Dad Says?

Scratch that last one, it's not explained on the show and hasn't been explained to shatter satisfaction by CBS. The comedy was among the highest-rated shows in Canada last season but was pulled last spring after one season.

"We were staggered by it," Shatner, 80, says of the cancellation. "There was close to 10 million people watching the show. I loved it and was very sorry it is not going on."

After a career that has boldly gone in as many directions as his, Shatner was able to roll with it and move on. Besides the return of Weird, he's also been busy with a new book and CD, receiving honours and, as always, feeding his horses and dogs.

Compared with doing a network sitcom, the Weird or What? schedule is a pretty gentle gig. Cameras roll into his house and garden and capture the TV icon setting up one of three stories per episode and then asking viewers, "Was that weird, or what?"

It's the kind of show the endlessly curious Shatner would watch even if he wasn't hosting it. "There are so many mysterious things out there that stagger us and beggar our imaginations," he says.

"Quantum physics is showing up just how strange and unpredictable the universe really is."

A recent weird or what moment involved his wife Elizabeth, who woke from a dream about mice frothing at the mouth. The couple were out of town and when Shatner returned home the next day he found his dogs were frothing and had been poisoned.

"My wife's dream 48 hours earlier had presaged what had happened," he says.

The two-time Emmy winner received an honorary doctor of letters from McGill University, his alma mater in June.

He also received the Governor General's Performing Arts Award for a lifetime of artistic achievement, an accolade that came in May.

So do all these lifetime awards mean Shatner is finally ready to wind down his career? Bite your weird or what tongue.

Shatner's new album, Searching for Major Tom, boasts contributions from Alan Parsons and Peter Frampton, among others.

The sci-fi themed CD has Shatner doing his unique spoken word "singing" to such classics as Space Cowboy, Rocket Man and David Bowie's Space Oddity. "I even do Bohemian Rhapsody," he says with the confidence of a man who knows how to sell anything.

THE CANADIAN PRESS

Busy man

In his recent documentary The Captains, Shatner interviews the other actors who have played starship captains throughout the long run of the Star Trek franchise.

- He'll also be guest starring on Rookie Blue when the Global police drama returns in 2012 for a third season.
- Shatner has a new book coming out next month called Shatner Rules: Your Guide to Understanding the Shatnerverse and the World at Large.

Can a name really make or break a movie?

For more lifestyle and entertainment news visit: metronews.ca/london

How important is a movie title when it comes to attracting an audience?

It's a question Terry O'Reilly, host of History Television's new show What's In a Name?, can answer.

"Movies titles are an art unto themselves. With so much riding on an opening weekend (which will determine the length of the movie's run) a title does almost all of the heavy-lifting. It can even override a trailer in persuading someone to buy a ticket," says O'Reilly, a brand expert, radio host, and best-selling author.

CONTRIBUTED

▶ Terry O'Reilly

Name games

What's in a Name? premieres tonight at 8 p.m. ET/PT on History Television.

- **The series** follows Canadians looking to find a one-of-a-kind, name for everything from a rock band to a designer perfume to a soon-to-be born baby.

CONTRIBUTED

▶ Back to the Future

The good "One of my favourite titles of all time is Back to the Future. It was so clever, and so perfect for that story. It contains some friction, which is its magic — how can someone go 'back' to the future? "But that was exactly the storyline. A remarkable feat in only four words."

CONTRIBUTED

▶ The Shawshank Redemption

The bad "One of my least favourite titles was for a film I loved — The Shawshank Redemption. I avoided this movie for ages, as I got no 'feeling' from the title. I didn't know how to classify it. It was meaningless, and not intriguing. I have often wondered if that title mowed down the opening weekend sales. But the ultimate irony is that it's a fantastic movie." METRO

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Monster match for Gaga?

Singer reportedly dating Vampire Diaries actor Taylor Kinney

KOKI NAGAHAMA/GETTY IMAGES

▶ Lady Gaga

Lady Gaga reportedly has a new man in her life: Vampire Diaries actor Taylor Kinney, according to Radar Online.

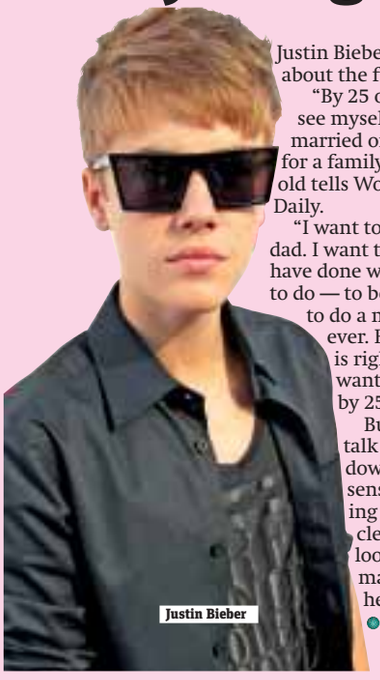
The two met when Kinney was cast in the video for Gaga's new single, You and I. Things seem to have gotten more serious, according to a source who spotted the pair out at a seaside bar in California recently.

"It was just casual at first, but things are getting pretty hot and heavy," the source says.

"I couldn't tell it was her at first. It just looked like some hot couple making out, but then I realized it was Lady Gaga. Everyone went nuts. She was so sweet too — she even signed some autographs."

METRO

Biebs wants to be a young dad



Justin Bieber

Justin Bieber is thinking about the future.

"By 25 or 26, I want to see myself, like, married or start looking for a family," the 17 year old tells Women's Wear Daily.

"I want to be a young dad. I want to be able to have done what I wanted to do — to be successful, to do a movie or whatever. But if the time is right, I definitely want to be married by 25."

But with all this talk about settling down, the teen sensation is making one thing clear: "I'm not looking to get married now," he insists.

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A SPECIAL FEATURE DEVOTED TO LOVE, SEX & RELATIONSHIPS IN TODAY'S WORLD.

IN TOMORROW'S METRO

PRESENTED BY: FIRST RESPONSE

metro

BREAST CANCER AWARENESS SPECIAL FEATURE

METRO THINKS PINK

October is Breast Cancer Awareness Month, and as always, Metro will be joining the cause. On **Monday October 3** we will run our annual Breast Cancer special feature, with the feature's pages coloured pink for added awareness. We'll focus on the latest in cancer research and will include risk reduction strategies, self-exam tips and even foods that can help treat breast cancer. On the personal side, we will have an essay from a breast cancer survivor, provide tips on how you can support a loved one that might have been diagnosed, and show how fundraising dollars really do help.

Don't miss it – Monday October 3

metro

3 life

You need this

NotPad
This perfect back-to-school gift looks like an iPad but is really just a notepad. It's great for kids who want to trick their friends — or officeworkers whose evil bosses won't buy the real thing. MWN

NOTPAD
$17.99, firebox.com

A new study shows

56%

...of kids aged three to 11 have been exposed to tobacco smoke, according to a new study published in Pediatrics. Many of them are absent from school due to illness. MWN

Parents looking to cut their budgets go back-to-school shopping alone.

Back to school movies

Everything we know, we learned from the movies Here are a few flicks that may help your kid to prepare for the new semester

Dead Poets Society

A crew of prep-schoolers (including a young Ethan Hawke) struggle with academic and parental pressures, finding relief in the wise words of their English teacher (Robin Williams).
QUOTE: Says the prof: "No matter what anybody tells you, words and ideas can change the world."
LESSON LEARNED: Carpe Diem! Sieze the day!
GOOD FOR: Ages 13 and up. There's a suicide, but it's an instructive one. Some good lessons for dads, too.

Mean Girls

You've either been one — or been tortured by one. Lindsay Lohan plays the new girl, seduced by the popular kids until she finds out how shallow they really are. Screenplay by Tina Fey.
QUOTE: "If only you knew how mean she really is... You'd know that I'm not allowed to wear hoop earrings, right? Yeah! Two years ago she told me hoops earrings were 'her' thing and I wasn't allowed to wear them anymore."
LESSON LEARNED: Be yourself, even if you have to sit at the nerd table.
GOOD FOR: Ages 11 and up. Show it to your little girls before they becomes one of the Plastics.

▶ Dead Poets Society

Back to School

An old fart (Rodney Dangerfield) returns to college because…well, there's no real plot reason.
QUOTE: "I think I'm attracted to teachers," says Rodney. "Yeah, I took out an English teacher. That didn't work out at all. I sent her a love letter... She corrected it!"
LESSON LEARNED: If you apply yourself, you can do anything.
GOOD FOR: 14 and up. Warning: This film contains sexual content and bad jokes like the above.

Billy Madison

Over a few months, an immature goofball (Adam Sandler) repeats grades one through 12, to impress his dad and inherit a hotel company.
QUOTE: "I don't know," says Billy, "I kinda feel like an idiot sometimes. Although I am an idiot, so it kinda works out"
LESSON LEARNED: Responsibility. It's sometimes more fun than drinking. Because it may lead to scoring the hot teacher.
GOOD FOR: Who are you kidding? Your child has seen this already, like, 10 times.

Rushmore

A precocious youth (Jason Schwartzman) acts wise beyond his years — until he falls in love with an older woman and finally flails. A divorcing man (Bill Murray) is his best friend and competition.
QUOTE: Says Max: "My top schools where I want to apply to are Oxford and the Sorbonne. My safety's Harvard."
LESSON LEARNED: Act your age.
GOOD FOR: Those 14 and up. Unless your kid is like Max. In which case, 8.

The Graduate

Benjamin (Dustin Hoffman) finished high school. What's next? An affair with an older lady.
QUOTE: "It's like I was playing some kind of game, but the rules don't make any sense to me," cries Benjamin. "They're being made up by all the wrong people. I mean no one makes them up. They seem to make themselves up."
LESSON LEARNED: It's OK to feel lost.
GOOD FOR: Ages 13 and up. Assuming they'll sit still for a movie made before 1992.

Ferris Bueller's Day Off

Three high schoolers, led by the ballsy Ferris (Matthew Broderick), skip school and truly live.
QUOTE: "I am not going to sit on my ass as the events that affect me unfold to determine the course of my life," says Cameron. "I'm going to take a stand. I'm going to defend it."
LESSON LEARNED: Carpe Diem! Again!
GOOD FOR: Never let your kids see this movie. God forbid they get minds of their own.

Take the lentil dip plunge

From the grain fields of Saskatchewan to specialty stores across Canada, camelina oil enhances the taste of food Try it in this tasty dip

Roasting garlic makes it wonderfully mellow, which you want for this Roasted Garlic and Red Pepper Lentil Dip recipe rather than the pungent flavour it has when fresh.

Camelina oil has a slight nuttiness and is not overly heavy, so it is an ideal addition to dips and dressings.

Serve the dip with slices of baguette, crackers or raw vegetables. It's also great mixed into rice or quinoa salads.

THE CANADIAN PRESS H/O

▶ This recipe makes 625 to 750 ml (2 1/2 to 3 cups).

Ingredients:

- 50 ml (1/4 cup) camelina oil, divided
- 6 to 8 cloves garlic
- 1/2 sweet red pepper
- 500 ml (2 cups) cooled, cooked red lentils
- Salt and pepper, to taste

Preparation:

1. Lightly oil garlic and red pepper with small amount of the camelina oil; place on a baking sheet and roast in a 180 C (350 F) oven for about 30 minutes, turning often, until garlic skin is brown and flesh is softened and pepper is lightly charred. (Add any oil residue left on the pan after roasting to dip while processing for additional flavour.) Set garlic and pepper aside until cool enough to handle. Squeeze out cloves and peel pepper.
2. In food processor, process lentils, roasted red pepper, roasted garlic until smooth. Slowly add remaining oil while continuing to process to ensure emulsification and smooth texture.
3. Season with salt and pepper. **THE CANADIAN PRESS/ THREE FARMERS CAMELINA OIL**

Rose Reisman's Swap It

A baked potato is one of the healthiest vegetables to consume, with only 160 calories and no fat or cholesterol. But what you add makes all the difference.

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A surprising combo that wows

This unlikely pairing of kebabs and avocado is ideal for get-togethers Avocado Taztziki can be used as a dip

THE CANADIAN PRESS H/O

▶ This recipe makes six servings.

These Middle Eastern-inspired beef kebabs are a delectable treat for late summer barbecues and parties.

The refreshing avocado tzatziki adds a hint of tang to the spicy meatballs.

It can also be used as a healthy dip for fresh veggies or as an accompaniment to chicken, pork, lamb or shrimp kebabs.

Ingredients:

Meatball Kebabs

- 500 g (1 lb) extra-lean ground beef
- 15 ml (1 tbsp) oregano
- 2 ml (1/2 tsp) chili flakes
- 2 ml (1/2 tsp) onion powder
- 2 ml (1/2 tsp) garlic powder
- 5 ml (1 tsp) sea salt
- 2 ml (1/2 tsp) cumin
- 1 ml (1/4 tsp) black pepper
- 50 ml (1/4 cup) breadcrumbs
- 1 large egg
- 4 pitas
- 6 skewers

Avocado Tzatziki

- 1 large avocado, mashed
- 125 ml (1/2 cup) diced cucumber
- 45 ml (3 tbsp) plain low-fat yogurt
- 1 garlic clove, minced
- 6 mint leaves, chopped
- 1 lemon, zest and juiced
- 2 ml (1/2 tsp) salt

Preparation:

1. If using bamboo skewers, soak them in water for about 30 minutes prior to using.
2. In a medium bowl, combine all avocado tzatziki ingredients. Chill until ready to serve.
3. In a bowl, combine beef, oregano, chili flakes, onion powder, garlic powder, sea salt, cumin, black pepper, breadcrumbs and egg, taking care not to overwork meat. Roll mixture into 18 golf ball-sized meatballs.
4. Preheat barbecue to 200 C (400 F). As barbecue is heating, skewer meatballs (3 per skewer). Grill kebabs on vegetable or stone grill plate for 10 to 15 minutes, turning frequently, until internal temperature registers at 85 C (180 F).
5. Alternatively, preheat oven to 190 C (375 F). In a large pan over medium-high heat, sear kebabs for 2 minutes per side. Remove from heat and bake for 10 to 13 minutes or until internal temperature registers at 85 C (180 F).
6. To serve, place 1 kebab in centre of each pita and remove skewer. Divide tzatziki evenly among pitas.

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Boycott of Compass Group (Chartwells) Food Services

Dear Students, Parents, Staff, and Visitors to Fanshawe College,

My name is Darryl Bedford, the President of OPSEU Local 110 - the Faculty Union at Fanshawe College. Our support staff colleagues, represented at Fanshawe by OPSEU Local 109, are currently on strike.

Fanshawe's daytime custodial services performed by Local 109 members are now being performed by replacement workers from Martin Building Maintenance, which is owned by the Compass Group. By providing replacement workers Compass Group is interfering with the ability of Local 109 members to achieve a fair contract.

Compass Group also operates Chartwells, which has the food services contract on campus.

To support our colleagues in Local 109 we are asking that Fanshawe faculty, staff, students, and visitors not make food purchases at Chartwells operations. We ask that you support students by patronizing food services operated by the Fanshawe Student Union. A list of these services can be found below.

Sincerely,

Darryl Bedford
President, OPSEU Local 110
Fanshawe College Faculty Union

We ask that you please do NOT make purchases from the following Compass Group (Chartwells) locations:

Mr. Sub - DEF Food Court
Tim Horton's - Atrium Cafe in B Building near T Building
Southwest Cafe - D Cafeteria
Tim Horton's - H Cafeteria
Tim Horton's - DEF Junction
Z Cafeteria - Centre for Applied Transportation Technology
Pizza Pizza - DEF Food Court

Please DO MAKE purchases at these locations:

Falcon's Nest - Student Union Building
Oasis - Student Centre
Outback Shack - Student Union Building

OPSEU SEFPO

This advertisement was paid for by OPSEU Local 110 (Faculty Union) which is solely responsible for its content.

ISTOCK PHOTOS

▶ Canadian lakes, streams and wetlands need your help.

Shoring up our resources

Want to help out in the efforts to protect our waters?
Get involved in the Canadian Shoreline Cleanup

BEN KNIGHT
LIFE@METRONEWS.CA

Have you ever strolled along a lovely shore, and had the wind taken somewhat out of your sails by the sight of even a single piece of litter?

You're not alone. In many urban environments, shorelines offer the closest, most convenient bit of nature most Canadians see on a daily basis. That's why keeping them clean is so important. And that's why the Vancouver Aquarium, WWF-Canada and Loblaw are teaming up this month to offer a simple, hands-on way to get involved.

The Great Canadian Shoreline Cleanup runs from Sept. 17 through 25.

"There are many great things about this program, but the one I really like is that it is available to absolutely everyone," says the Vancouver Aquarium's Jill Dwyer, program manager for the cleanup. "I've seen parents cleaning up shorelines along with their babies, and this year we have a site co-ordinator in his '80s."

Last year

The cleanest and the dirtiest

Statistics In 2010's Great Canadian Shoreline Cleanup, the cleanest shore in Ontario was Running Creek in Crothers Conservation Area, near Wallaceburg, with just 0.1 kg of waste per kilometer. The dirtiest was Sydenham Lake, Kingston – 5000 kg/km!

Getting involved is easy. Visit the website — shorelinecleanup.ca — and register either as a participant or local co-ordinator. Co-ordinators get to organize and run their local cleanup. Participants just need to show up.

"It started back in 1994 with just a handful of Vancouver Aquarium employees, who were taking part in the International Coastal Cleanup," she recalls.

"Then it grew to be a B.C.-wide program, and in 2002 it went national. Every year since 2003, we've had cleanups happening in every province and territory across Canada."

Shoreline litter is unsightly and annoying, but it can also be deadly for birds and aquatic animals.

"We're trying ensure it doesn't get into the water and become aquatic debris," Dwyer says.

"That can lead to toxic chemicals in the water, it can entangle the animals that live there, or they can ingest it and either choke or falsely think they are full, not getting the nutrients they need."

Lakes, streams, rivers, wetlands — anywhere land meets water. One week's co-ordinated effort in September can make a big difference throughout the year. This is the perfect, simple way to make a real contribution.

5 Things not to do in the first weeks

You're finally out of the house and settled in your dorm Make sure you avoid a few freshman faux-pas as you embark on this new chapter

ISTOCK

It's perfectly acceptable to adore your new digs, but don't get stuck in there all semester long.

Here is some advice on what not to do to make sure you have a good post-secondary experience. Don't:

Live online
Chatting online with high school friends or using Skype to see a familiar face from back home is all well and good, but don't overdo it.

Do your best to avoid the temptations of social networking sites like Facebook and make some real life memories.

Be picky about plans
You might not find your best friends right away, but don't let that stop you from going out to find them.

It's important to get out and meet your classmates while everyone is still as new to campus as you, so even if you're not in love with the group — go!

Keep your door closed
During the first week, keeping your dorm door open is an easy way to let hallmates come in and meet you.

Buy out the bookstore
It's tempting to buy anything and everything with your school's name, but it's not something you want to be known for.

There's always one overzealous frosh that students can count on to be decked out in college swag from head to toe on any given day — don't let that be you.

Wait to get a job on campus
Returning students know how important it is to lock down a job as soon as possible, mostly from learning the hard way their freshman year.

The best work-study gigs are limited and go fast, so don't put it off. METRO

Figuring out the freshman

For their book The Freshman Survival Guide, authors Nora Bradbury-Haehl and Bill McGarvey of BustedHalo.com interviewed professors, administrators, campus ministers and students alike in order to give incoming freshmen a primer on practicalities they'll need to know their first year of college — and also to help them tackle the bigger questions. We went to McGarvey with some questions of our own.

What's the biggest mistake freshmen make when they start college or university?
They assume that everybody is going to be trustworthy, and a few weeks or months into the semester, you might realize that person you befriended can be not really worthy of your trust. You spend 18 years getting to this point and you have friendships and networks with people that know you and who you are: Don't just chuck them out the window because you're in college and everything is exciting and new.

Why did you choose to include matters of faith in your book? A lot of similar guidebooks don't.
That's kind of the reason why. There's a lot of books out there about getting into school and making yourself a success in college, but there was nothing in there that dealt with the whole student. These books almost seem to assume that these students were a collection of brain cells and hormones. College kids are less religious but they're definitely getting more spiritual.

What should every freshman know upon starting post-secondary school?
You're spending good money to get an education and there are enormous resources at your fingertips. You're gonna run into challenges, but there are places to turn and people that are there to help you.

Can you expand on the book's web component?
I came from a web background, and I wanted to make sure that our book reflected the way younger students read and interact with the media now. Throughout the book there are chapters where you can go online and get special information or contribute. METRO

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‘Giving is the only way of getting’

Multimillion-dollar business owner Radhe Gupta has always come to the table with a commitment to generosity

▶ Radhe Gupta hopes he can inspire and mentor others to achieve their career goals and dreams.

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

As a young boy growing up in India, Radhe Gupta was already thinking like a businessman.

“If I needed one dollar for school, I’d borrow three. One for school, one for a cushion for myself and the third dollar I would lend to someone that needed it.”

Gupta has turned that simple business practice into a multimillion-dollar real estate company in Edmonton.

He started buying real estate in 1989, and then got into condominium development.

From there he skillfully guided the company into developing whole communities and commercial property.

The Rohit Group of Companies grossed more than $150 million last year.

“My advice to future entrepreneurs is, never start any business cash short. You have to make sure you have extra means to cover the shortfalls.”

Gupta is telling his story and mentoring others now because he wants to give back to the community and country that gave him and his family so much.

He has a final message for every aspiring entrepreneur and business person reading his story today.

“I want them to think, ‘If he can do it, so can I.’”

Expert advice

A mentor and millionaire’s advice for aspiring entrepreneurs

- If you need a penny, borrow three
- Be fair, plus a little bit more
- If you buy right, you can consider it half soldcongestion
- Giving is the only way of getting
- Pay on time. Money is best where it belongs.

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Dwell on playoffs nevermore

Ravens take off after forcing Steelers to six second-half turnovers

The Baltimore Ravens had just beaten their bitter rivals in record-breaking fashion, and some of the players felt inclined to put some perspective on their 35-7 manhandling of the defending AFC champion Pittsburgh Steelers.

Although their blowout victory yesterday provided some payback for January's playoff loss, coach John Harbaugh said the Ravens are focused on this season.

And Baltimore could not have started it any better.

Joe Flacco threw three touchdown passes, Haloti Ngata led an inspired defence that forced a team-record seven turnovers, and the Ravens rolled to a win.

"The whole thing about ghosts, demons, monkeys on your back — that's not real to us," Harbaugh said.

Ray Rice ran for 107 yards and scored twice for the Ravens, who took an early 14-0 lead. It was a rematch of last season's second-round playoff game that the Steelers won 31-24.

That day, the Ravens let a 21-7 halftime lead slip with three third-quarter turnovers. At halftime yesterday, Baltimore's Ray Lewis spoke up.

"They were saying, 'We've been here before,'" the linebacker said. "No, we haven't been here before. This is a whole new year."

This time, the Ravens got three takeaways in the third quarter to turn a 21-7 advantage into a rout.

Ben Roethlisberger, who had won seven straight against the Ravens, was 22 for 41 for 280 yards and threw three picks.

"I guess they were waiting for this one," Roethlisberger said. "It's not the way you want to start it for us, obviously, (but) I'd rather this be a Week 1 loss than a Week 13, 14, 15 loss." THE ASSOCIATED PRESS

ROB CARR/GETTY IMAGES

▶ Defenders Lardarius Webb and Jarret Johnson of the Ravens hit Steelers quarterback Ben Roethlisberger in Baltimore yesterday.

Around the NFL

In other action yesterday:

- Ryan Fitzpatrick threw four touchdown passes, two of them to journeyman tight end Scott Chandler, and the Buffalo Bills romped to a season-opening 41-7 victory over the Kansas City Chiefs.
- Brian Urlacher had an interception and returned a fumble for a touchdown, Jay Cutler threw for 312 yards and two scores, and the Chicago Bears pounded Matt Ryan and the Atlanta Falcons 30-12.
- Matthew Stafford threw for 305 yards and three touchdowns to help the Detroit Lions beat the Tampa Bay Buccaneers 27-20 for their fifth consecutive victory dating to the final month of the 2010 season.
- The Indianapolis Colts looked lost without Peyton Manning and the Houston Texans took advantage, as Matt Schaub threw for 220 yards and a touchdown in a 34-7 rout.

AARON VINCENT ELKAIM/THE CANADIAN PRESS

▶ Blue Jay Mike McCoy pats Jose Bautista on the back after Bautista's seventh-inning RBI.

Bautista, rookies carry Jays to victory

Jose Bautista's sacrifice fly in the seventh inning brought home the winning run as the Toronto Blue Jays edged the Baltimore Orioles 6-5 yesterday.

Bautista's RBI capped a three-run seventh that also saw rookies David Cooper and Adam Loewen of Surrey, B.C., belt solo homers for Toronto at Rogers Centre.

6	5
BLUE JAYS	ORIOLES

Joel Carreno (1-0) pitched the seventh for his first major-league victory as Toronto won the rubber match of the three-game series.

Loewen, who once pitched for the Orioles before injuries ended that phase of his career, had two hits, including his first major-league homer against Tommy Hunter (3-4), who took a 5-3 lead into the seventh.

Frank Francisco pitched the ninth for his 14th save. THE CANADIAN PRESS

4 sports

Quoted

"I think I had one of my best days. I'm very fortunate to do it on this stage."
AUSTRALIA'S SAMANTHA STOSUR AFTER DEFEATING AMERICAN SERENA WILLIAMS IN THE U.S OPEN WOMEN'S FINAL IN NEW YORK YESTERDAY. THE 6-2, 6-3 VICTORY WAS JUST THE THIRD TITLE AT ANY TOUR-LEVEL EVENT FOR THE 27-YEAR-OLD STOSUR.

"She played really, really well. She's a great player, and it's good to see. I tried my hardest and she kept hitting winners and I was, 'Oh my God, what am I doing?'"
SERENA WILLIAMS

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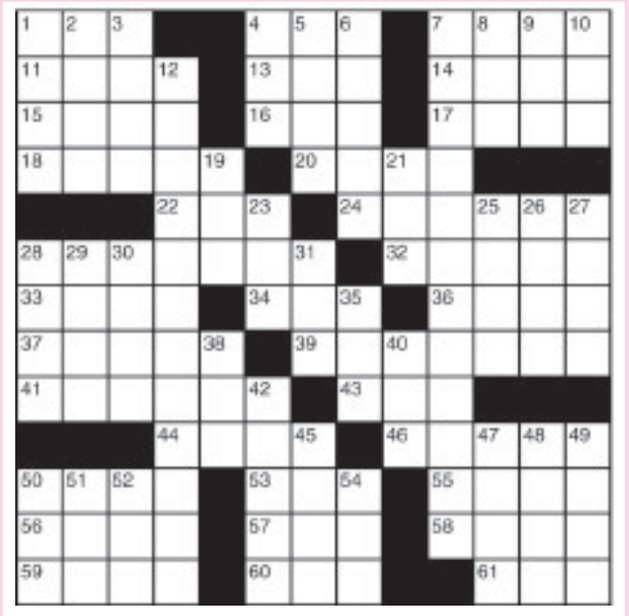

Across

1 Assn.
4 Photo, for short
7 Brussels-based alliance
11 Reddish horse
13 Parisian pal
14 Valhalla VIP
15 Othello's foe
16 Carpet
17 "Finding —"
18 $1,000
20 Long story
22 Pick a target
24 Saskatchewan's capital
28 Mixture
32 NYC Marathon founder Fred
33 Body powder
34 Hoover, for one
36 Hawaiian fowl
37 Acrylic fiber
39 At ease
41 Interlocked
43 Kids' card game
44 Wilson of "Midnight in Paris"
46 Cockpit occupant
50 First victim
53 Journal
55 Verdi opera
56 Short skirt
57 Actress Gardner
58 Black (Fr.)
59 "Back in Black" rock band
60 Sweet potato
61 Trawler need

Down

1 First (Abbr.)
2 Sound from 47-Down
3 Pop singer Lady —
4 Standard
5 Radio host Don
6 Stogie
7 One approaching 100
8 Citric drink
9 Allen or Curry
10 John's Yoko
12 Virgin, to a bartender
19 Use a shovel
21 Solidify
23 Crazy
25 Mountain goat
26 Zilch
27 Dumbstruck
28 Molecule component
29 Stallion's partner
30 "— Well That Ends Well"
31 Scratch
35 Kitten's call
38 Fresh
40 Once around the track
42 Postpone
45 — Scotia
47 Jungle critter
48 Garfield's pal
49 Small pie
50 "I — Camera"
51 Pen name? 52 Conclusion
54 Group of whales

▶ Friday's answer

Sudoku

	2		3			6	7	
3				2		1		4
1				5				
	5	7			3		6	
				9				
	6		8			9	5	
				8				3
7		1		6				2
	8	9			4		1	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

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You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Pie
When times are tough and things get you down. Think of your muffin being around. When I think of you pie, I wonder why your not here by my side. Baking with you is a treat. I've been missing you taking a seat! Hope to see you this week.
FROM MUFFINMAN

Someone
Can you pl. be specific with initials? If it is me, I must know that. **FROM SOMEONE**

Tristan Larson
I happen to regret a lot in my life, things i wish i did different, things i wish never happened, but truth be told all of it happened for a reason and that reason is to have met you, i may not know how you feel towards me but i know what i feel for you, and what i feel every time i talk to you.
FROM FLIPPY

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ **Aries** March 21-April 20 If there are things you need to discuss wait until later in the week.

♉ **Taurus** April 21-May 21 The less you reveal about your plans the better.

♊ **Gemini** May 22-June 21 Keep a cool head and don't let the pressure get to you.

♋ **Cancer** June 22-July 22 It may be annoying that family members don't seem that interested in what you are up to but they have their own lives to deal with.

♌ **Leo** July 23-Aug.23 Make every word count. Try not to be rude though.

♍ **Virgo** Aug. 24- Sept. 22 Not everyone merits your help but it will pay you to be kind even to those who do not deserve it.

♎ **Libra** Sept. 23-Oct. 23 Face up to reality today, no matter how unappealing it may be.

♏ **Scorpio** Oct. 24-Nov. 22 You will find it hard to stay focused today as the full moon pulls you first this way then that.

♐ **Sagittarius** Nov. 23-Dec. 21 Be honest with friends and colleagues today, even if you know that what you have to tell them is not what they want to hear.

♑ **Capricorn** Dec. 22-Jan. 20 This is exactly the right time to finalize plans and commit yourself to a goal you may have been unsure about before. Go for it!

♒ **Aquarius** Jan. 21-Feb. 18 Your ideas are as good as anyone else's ideas so don't think of changing them just because certain individuals seem unimpressed.

♓ **Pisces** Feb. 19-March 20. Sometimes it feels good to let it all out — for you, if not for everyone else! SALLY BROMPTON

Caption contest

RICK BOWMER/ THE ASSOCIATED PRESS

CHRISTOPHE ENA/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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I'm running to inspire others to do the same.

Rosey Edeh
Senior Reporter,
Entertainment Tonight Canada

Join us on **Sunday, October 2** for the

Canadian Breast Cancer Foundation

CIBC Run for the Cure†

Visit a CIBC branch today, make a donation and select a gift from the CIBC Pink Collection™.

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Canadian Breast Cancer Foundation 25 Years™

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